

Xootr
URBAN TRANSPORT
5 Models Available
ON SALE!
Apple saddlery
1875 Innes Road • 613-744-4040 • applesaddlery.com

MEXICAN FLAVOURS
CARNE ASADA WITH
FRESH CORN SALSA

{page 18}



HALL OF FAME
TIME WITH BLUE JAYS
'BEST OF MY CAREER,'
SAYS ALOMAR {page 21}



OTTAWA

metro®

Monday, July 25, 2011
www.metronews.ca



News worth sharing.

'Marathon of Health'

► Local family running across Canada, U.S. to combat couch potato lifestyle

While most people kept cool indoors and in pools during Thursday's scorchers, the Chicoine family ran more than 130 kilometres in 36 C weather on their way into Ottawa.

"It was hardest run of the trip," said 19-year-old Jake Chicoine, one of the family's six kids. "It was challenging, that's for sure. I felt like fainting."

The family of eight from Wakefield, Quebec started the Marathon of Health in Vancouver in May and is running relay style across Canada and the U.S. Their goal is to inspire North Americans to reverse their sedentary lifestyles by promoting physical activity.

The father, Ed, a chiropractor of 28 years, said he was tired of seeing people come into his office and not taking care of themselves. Now his family is raising funds for KidSport Canada, Right to Play, and Get America Fit.

"Initially I was going to run by myself across the country and then my kids said 'there's no way you're doing it without me' and they all joined," said Ed.

The family hopes to raise \$5 million dollars to promote kids' fitness in North America.

● JOE LOFARO

► The Chicoine family of Wakefield, Quebec was officially welcomed in Ottawa yesterday at City Hall during their cross-country run to promote physical activity in North Americans.



JOE LOFARO/METRO

Local

Fatal south end crash

► Osgoode man killed in single-car crash

► Police still investigating the cause of the incident {page 3}

Tormented talent

Amy Winehouse's quantity was minimal, but her quality was outstanding {page 11}



Mothers guilt?

Getting a grip on a 'mother's disease' that goes all the way back to biblical times {page 15}

Why settle for old technology? Get LASIK!



Before MP3s



Before Laser Vision Correction

Laser vision correction starting at

\$490 /eye*

LASIK MD
VISION

FREE Consultation: 1-877-769-3030
www.lasikmd.com

IntraLase SBK Available

OTTAWA: Chambers Building, 42 Elgin St.

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

[illegible]

2011 DODGE JOURNEY SE CANADA VALUE PACKAGE
CANADA'S #1 SELLING CROSSOVER^

38 MPG HWY
7.5L/100 KM HWY^a

PURCHASE FOR
\$19,995*

INCLUDES \$2,000 CONSUMER CASH*, FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.

2011 Dodge Journey SXT shown.⁵

- Canada's most affordable mid-size Crossover^Δ
- All-new interior with premium soft-touch materials
- New Keyless Enter-N-Go with proximity sensor
- New Dual-Zone Temperature Control
- New 4.3-inch Uconnect™ Touch Media Centre
- New Driver's Knee Blocker Air Bag
- New suspension
- Highway: 7.5L/100 KM (38 MPG)[□]
- City: 10.8L/100 KM (26 MPG)[□]



CUSTOMER CHOICE FINANCING

\$99 | **@ 6.49%**^{††}
BI-WEEKLY **FOR 36 MONTHS**
AND \$4,799 DOWN

**WITH THE OPTION TO RETURN
AFTER 36 MONTHS**

STEP UP FOR ONLY
\$23 MORE BI-WEEKLY
 with Customer Choice Financing

2011 DODGE JOURNEY SXT

- New 3.6L Pentastar™ VVT V6 with 283 hp
- One-touch up/down front windows (driver & passenger)
- Overhead console
- Dual bright exhaust tips
- Highway: 7.8L/100 KM (36 MPG)^o

RETURNING LEASE CUSTOMERS, GET \$3,000 LOYALTY CASH.*

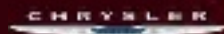
+Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.

Dodge.ca/Offers



MORE POWER. LESS FUEL. GREAT VALUE.

14 VEHICLES WITH 35 MPG HWY OR BETTER



Jeep



RAM

SCAN HERE
FOR MORE GREAT OFFERS



Ceiling fire in Vanier townhouse

Six people have been turned out of their homes after a fire at a Vanier townhouse.

Forty-two fire personnel responded to the fire at 202 Presland Rd. just before 1 p.m. yesterday after reports of smoke coming from a bedroom. Firefighters controlled the blaze, which was contained to the ceiling and roof.

No civilians or firefighters were injured. Damage to the house and its contents is estimated at \$250,000. **JOE LOFARO**

City backed on transit scheduling

An arbitrator has released a final ruling on a scheduling dispute between the City of Ottawa and OC Transpo drivers with Amalgamated Transit Union Local 279.

The ruling potentially clears the way for negotiations on a new collective agreement.

The city received the final award by the Keller Interest Arbitration Panel Friday for the 2008-2011 collective agreement. The panel recognized that the city had complied with earlier rulings to establish a scheduling system at OC Transpo that is consistent with the majority of the North American transit industry.

JOE LOFARO



► A collision investigator takes a photo of a Chevrolet Epica that rolled off Snake Island Road near Osgoode yesterday morning. Tyson Wiegand, inset, was killed.

Police investigate fatal crash in south end

► Osgoode man killed when car left road, rolled over yesterday morning



SEAN MCKIBBIN
@METRONEWS.CA

A 22-year-old Osgoode man was killed in a single-car crash early yesterday when his car crossed into the oncoming lane, caught the gravel shoulder

and rolled, police said.

Tyson Wiegand was ejected from the vehicle and paramedics pronounced him dead at the scene.

Police said the crash happened sometime between 3 a.m. and 6 a.m.

on Snake Island Road between Nixon Drive and Doyle Road. It's not clear why the westbound vehicle crossed into the oncoming lane, but police are investigating the cause of the incident.

"We don't have anything to say right now. We

just need a little bit of time," said a woman who answered the phone at the home of Wiegand's father, Michael. Wiegand, who worked as a landscaper, is also survived by his mother, Deborah, and his sisters, Tasha, 19, and Corinne, 20.

1

news


What do a man who drove 800 km for a burrito and a man with a cow for a best man have in common? Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca



Mystery surrounds a historic navy cemetery in Halifax.
Video at metronews.ca

PANDORA®
UNFORGETTABLE MOMENTS



Gift with Purchase • July 2ND – July 31ST
Receive a PANDORA Lariat with sterling silver ends (a \$30 CAD retail value) with your PANDORA purchase of \$75 or more.*

*Before taxes. Charms shown on lariat are sold separately. Good while supplies last, limit one per customer.

PANDORA® STORE

St. Laurent
Laurent Centre • Ottawa, ON
613.741.7577

JUBILEE
FINE JEWELLERS
Since 1952

St. Laurent Centre
Bayshore Shopping Centre
Carlingwood Shopping Centre

Thanks for running with us for the last 15 years.

Please join us

Thursday, July 28th

for Client Appreciation Day.

You're important to us and that's why
we'd like to say "thanks".

Drop in, say "Hi" and enjoy some refreshments.
Join us in celebrating 15 years as title sponsor of
the Canadian Breast Cancer Foundation
CIBC Run for the Cure.

To learn more,
visit cibc.com/clientappreciation



For what matters.

"CIBC For what matters." is a trademark of CIBC.

04

metro

metronews.ca
MONDAY, JULY 25, 2011

JASON DECROW/THE ASSOCIATED PRESS



► Jeannette Coleman, right, holds back tears as she and Kawane Harris, both of New York, arrive to get married at the Manhattan City Clerk's office yesterday.

Gay couples tie knots in N.Y.

► City officials conducted 823 ceremonies ► Participants allowed to exchange vows moments after receiving licenses

Hundreds of gay couples recited vows in emotion-choked voices and triumphantly hoisted their long-awaited marriage certificates yesterday as New York became the sixth and largest state to recognize same-sex weddings.

Couples began saying "I do" at midnight from Niagara Falls to Long Island, though New York City became the sometimes raucous centre of action.

Meanwhile, thousands of

Angry Protests

Thousands of opponents of gay marriage took their dissent to the streets.

► The National Organization for Marriage held rallies in New York City, Albany, Rochester and Buffalo.

protesters rallied in several cities around the state, a signal that the long fight for recognition may not be

over just yet.

New York's adoption of legal same-sex marriage is viewed as a pivotal moment in the national gay-rights movement and was expected to galvanize supporters and opponents alike.

The state joined Connecticut, Iowa, Massachusetts, New Hampshire and Vermont, along with Washington, D.C., when it voted last month to legalize gay marriage.

THE ASSOCIATED PRESS

INTELLIGENCE FINDINGS

RCMP kept tabs on renowned academic

Canada's intelligence service spied on renowned literary scholar Northrop Frye, closely eyeing his involvement in the anti-Vietnam War movement, an academic forum on China and efforts to end apartheid in South Africa.

Newly released

archival records show the RCMP Security Service relied on a secret informant to help compile a 142-page file on the esteemed University of Toronto professor, who died in 1991 at age 78. A bespectacled academic, Frye seems an unlikely counter-intelligence target. But the Mounties were wary of anyone deemed influential among the burgeoning New Left and monitored universities, the media, churches and political organizations during the Cold War.

THE CANADIAN PRESS

Evacuees may soon return

The Ontario government says the 3,600 people evacuated from their communities because of fires in the northern part of the province could be able to return home soon.

Deputy Community Safety Minister Ian Davidson says officials will decide which people get to return first based on the safety of the places they're returning to and the capacity of the government to move them back.

THE CANADIAN PRESS

Norway suspect sought crusade

► Anders Breivik released manifesto with anti-Muslim rants ► Doctor says gunman used special bullets

The man blamed for killing at least 93 people during terrorist attacks on Norway's government headquarters and an island retreat for young people wanted to trigger an anti-Muslim revolution in Norwegian society, his lawyer said yesterday.

The manifesto that 32-year-old suspect Anders Behring Breivik published online ranted against Muslim immigration to Europe and vowed revenge on those "indigenous Europeans" whom he deemed had betrayed their heritage. The document said they would be punished for their "treasonous acts."



► Breivik

Ammo 'exploded'

► Dr. Colin Poole, head of surgery at Ringriket Hospital in Honefoss, northwest of Oslo, told The Associated Press the gunman used special bullets designed to disintegrate inside the body and cause maximum internal damage.

► Poole said surgeons treating 16 gunshot victims have recovered no full bullets. "These bullets more or less exploded inside the body."

Police said they were analyzing the approximately 1,500-page document. They said it was published Friday shortly before the back-to-back bomb and gun attacks.

THE ASSOCIATED PRESS



► Friends and loved ones gather at the Oslo Cathedral yesterday to mourn 93 victims killed in twin terror attacks in Norway: a bombing in downtown Oslo and a mass shooting on nearby Utoya island.

Canadians reach out

Flowers and a sign left on the Norwegian war memorial on the Halifax waterfront this weekend expressed heartfelt concern for the nearly 100 people who were killed in a horrifying terrorist attack.

"It's a terrible thing. The country is in total shock," said Steinar Engeset, who has worked in the Royal Norwegian Consulate in Dartmouth for more than 40 years. He said he took photos of the thoughtful sign and wants to send it to Norwegian newspapers to show his countrymen that Canadians care.

● JENNIFER TAPLIN

ROGERS JULY HANDSET SALE — THE HOTTEST ANDROID™-POWERED SMARTPHONES NOW ON SALE



Right now, save an additional \$50* off our already low prices on a huge selection of the hottest Android-powered smartphones.

HURRY! OFFER ENDS JULY 31.

Visit a Rogers Store today!

ONLY FROM  **ROGERS™**

Offer ends July 31, 2011. Subject to change without notice. *Only available in-store with purchase of eligible smartphone (including those above) and new activation on a 3-yr. term voice and data plan. Early cancellation fees apply. Savings applied (point of sale at Rogers Plus stores, bill credit at Rogers Authorized dealer stores) against device purchase up to max. \$50 (not to exceed device purchase price). Android is a trademark of Google Inc. See in-store for full details ©2011

Nova Scotia Nominee Program, Economic Stream Refund

Preliminary Notice

If you paid fees to the Economic Stream of the Nova Scotia Nominee Program, there is a proposed settlement of your claim being considered by the courts. Read this to find out more.

What is this about?

A lawsuit was started against the Province of Nova Scotia in 2009. The goal was to get a refund for people who applied for and paid fees into the former Economic Stream of the Nova Scotia Nominee Program. The Supreme Court of Nova Scotia is now being asked to certify that lawsuit as a class action. Your legal rights may be affected. The lawyers for both sides have made a deal that would give a refund to eligible people. The Supreme Court of Nova Scotia is being asked to approve the settlement as fair and reasonable.

Would I be included if the court approves the settlement?

You would be if you (1) paid money to Nova Scotia under the Economic Stream of the Nova Scotia Nominee Program, (2) landed and obtained permanent resident status in Canada, and (3) did not already get a refund. As long as you told the truth in your application and immigration filings, you should be eligible for a refund.

How much would I get?

If you were not paid anything under a business mentorship, you will get \$75,000 less approved legal fees if your claim is successful. If you did receive anything under a business mentorship, your payment will be further reduced by that amount.

Would I have to pay anything out of my own pocket?

No. The lawyers' fees will simply be deducted as set out above. You will not be billed. The amount deducted from your own award for legal fees will be 15% or less. There is a costs award of \$450,000 proposed to be paid on account of fees by the government directly. The Supreme Court must approve the lawyer's fee as fair and reasonable.

Can I apply to get my money now?

No. The court has to approve the settlement first. If you would like to make sure that you receive a claim form later, you can email your details to the lawyers for the proposed class. The contact lawyer for the class is Greg McMullen, who can be reached at gmcullen@branmac.com or 604-631-2560.

What do I do if I want to support or oppose the settlement?

Let Greg McMullen know. You can email or mail him your views at gmcullen@branmac.com or 1410-777 Hornby Street, Vancouver BC, V6Z 1S4. You also have the right to attend the hearing, which will take place at The Law Courts Building, 1815 Upper Water St., Halifax on Monday, September 26, 2011 at 9:30 a.m.

What if I do not want to be part of the class action if it is approved?

If the settlement is approved, you have the option not to participate. You will be able to complete an opt out form if you do not want to receive any benefits or be bound by the result. If you do not want to take part, you have to opt out. If you opt out, you will not get any benefit from the settlement.

What if too many people opt out?

If more than 50 people opt out, the Province will have the right to cancel the settlement. Neither the Province nor the lawyer for the class expect this to occur however.

I have other questions.

For more information, visit <http://www.branchmacmaster.com/nova-scotia-immigration/>. The formal court documents can be found there. If you still have questions, just contact the lawyer appointed by the court to act for the class, Greg McMullen at Branch MacMaster LLP, at gmcullen@branmac.com or 604-631-2560.

FBI probes News Corp.

LOUIS LANZANO/THE ASSOCIATED PRESS

► U.S. allegations of phone hacking ► PI claims News Corp. reporters sought phone records of 9/11 victims

The FBI is launching a preliminary review of whether phone hacking and bribery by Rupert Murdoch's media empire violated U.S. laws.

That means Murdoch and his company face investigations on two continents. Depending on what turns up, it could threaten other Murdoch properties, which include the Fox television network.

Published reports say Murdoch's parent company, News Corp., based in New York, is assembling a gold-plated roster of lawyers to deal with any U.S. legal action. News Corp. would not confirm the hirings.

THE ASSOCIATED PRESS





Dragnet

- The FBI is looking into phone hacking, bribery and any other allegations against Murdoch entities that appear in print or even old court records.
- That includes an old civil lawsuit that a unit of News Corp. hacked into computers of a small advertising competitor in New Jersey and obtained confidential information it used to lure away clients.
- Investigators also plan to question actor Jude Law about allegations his phone was hacked while he was in the U.S.



► Back in New York after being grilled by British MPs last week, Rupert Murdoch and his media empire, News Corp., face investigation by Scotland Yard and the FBI.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
+ 60.33 13,494.63	- 0.42¢ (105.36¢ US)	+ 74¢ (\$99.87 US)	\$4.370 US (+ .89¢)
			Gold contract \$1,601.50 US (+ \$14.50)

PRICES AS OF 5 P.M. YESTERDAY

North Korea joins the wired world

North Korea is undergoing a digital revolution, even as it grapples with chronic shortages of food and fuel. Its cyberspace policies are among the most restrictive in the world. Yet inside Pyongyang, there's a small but growing digital culture, observers say.

North Korea's biggest IT hub, the state-run Korea Computer Centre, has been around since 1990.

Since then, North Korean IT firms have quietly been developing software for banks in the Middle East, applications for cell-phone makers in Japan

and South Korea and even video games for Nintendo and Playstation, said Paul Tjia, a Dutch IT consultant who works with North Korean companies.

Programmers there have also developed games for Facebook, the iPhone and iPad, Wii and Black-

Berry, he said.

But many in the West remain wary, seeing in North Korea's bid to train a generation of computer experts the spectre of hackers launching attacks on the defence systems of rival governments.

THE ASSOCIATED PRESS

Sudan issues new currency after southern independence

ABD RAOUF/THE ASSOCIATED PRESS

Sudan has introduced new banknotes and coins stripped of any symbols linked to South Sudan, which declared independence this month after more than a half-century of intermittent war with the north.

South Sudan began using its own currency nearly a week ago.

The Sudanese government began circulating a new edition of the Sudanese pound yesterday as a precautionary measure following the loss of oil revenues resulting from South Sudan's independence, according to

Sudanese President Omar al-Bashir.

While the new Sudanese notes are similar to the old ones, the 10-pound banknote no longer depicts a large-horned cow, a symbol of South Sudan's western Bahar Gazal region.

Sudan has also gone back to using a one-pound coin instead of a paper bill.

South Sudan became officially independent from the north on July 9, breaking away after more than 50 years of armed conflict.

THE ASSOCIATED PRESS



► A woman displays Sudan's new currency yesterday at the Central Bank in Khartoum.

GIVES LIKE NOTHING ELSE

Touch the new HP TouchPad and \$2 will be donated to Boys and Girls Clubs of Canada.



BYWARD MARKET

July 30th & July 31st 10AM – 6PM

Find out more at hp.ca/touchpadgives



Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

Everybody On  TouchPad

Between July 15th, and August 31st, 2011 HP will donate \$2 to Boys and Girls Clubs of Canada each time a participant touches the TouchPad screen and makes his/her impression, up to a maximum of \$100,000 CDN. All screen images simulated.




























LONG DISTANCE

Lowest Rates Guaranteed

No matter where you call, no matter what rate you pay

Make long distance calls from your home or cell phone!



from	3.9 ¢/min	from	5.9 ¢/min	1.9 ¢/min	7.9 ¢/min
					
Bangladesh		Iran		Romania	Ukraine
	Australia.....1.9 ¢/min		Pakistan.....5.9 ¢/min		
	Bosnia.....13.9 ¢/min		Philippines.....11.9 ¢/min		
	China.....1.9 ¢/min		Poland.....1.9 ¢/min		
	Colombia.....from 3.9 ¢/min		Russia.....from 1.9 ¢/min		
	Cuba.....89.9 ¢/min		South Korea.....2.9 ¢/min		
	El Salvador.....9.9 ¢/min		Sri Lanka.....9.9 ¢/min		
	Germany.....1.9 ¢/min		Trinidad.....4.9 ¢/min		
	India.....2.9 ¢/min		U.A.E.....14.9 ¢/min		
	Israel.....1.9 ¢/min		U.K.....2.9 ¢/min		
	Italy.....1.9 ¢/min		Vietnam.....4.9 ¢/min		
	Lebanon.....7.9 ¢/min		Serbia.....7.9 ¢/min		
	Mexico.....from 1.9 ¢/min				

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

1 Cent To India

1¢ /MIN



Calling India at only 1 cent per minute. (Land and mobile included).

\$ 10 /month 1000 Minutes per Month 1¢

Unlimited Canada

\$5 /month



Unlimited Calling to Anywhere in **CANADA**
Available on your home or cell phone.

comwave®
www.comwave.ca

1-866-770-8085

Follow Us...



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.

HOME PHONE LINES

Are you still overpaying For your Home Phone Line?

Best Value



\$29⁹⁵
/Month

✓ Unlimited Calling To
Over 50 Countries

(Including INDIA)



✓ All Features FREE

- > Voice Mail > Call Forwarding
- > Call Waiting > 3 Way Calling
- > Caller ID > and much more...

The Comwave Comparison



BELL HOME PHONE CHOICE

\$68⁷⁹
/Month

INCLUDES
UNLIMITED
CALLING TO
CANADA & U.S.A.



VOICEMAIL
CALL DISPLAY
CALL WAITING
CALL RETURN
THREE WAY CALLING
CALL FORWARDING



ROGERS EXTRA VALUE PLAN

\$41³¹
/Month

INCLUDES
1000 MINUTES TO
CANADA & U.S.A.



VOICEMAIL
CALL DISPLAY
CALL WAITING
CALL RETURN
THREE WAY CALLING
CALL FORWARDING

**"I saved \$500 for switching
to Comwave
last year..."**

Kitty, Calgary

SIGN UP NOW & GET:

6 Months FREE



Limited Time Offer



www.comwave.ca

1-866-770-8085

Follow Us...



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of \$29.95 is based on a 3YR term. You have a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive an additional 3 months free for a total of 6 months free if you transfer your phone from your existing provider to Comwave in the first 30 days. The Rates of \$41.31/month and \$61.79/month are as advertised on <http://www.homephonechallenge.ca> on Oct. 5 2009. Terms and conditions apply, see www.comwave.ca for details.

WHO'S AFRAID OF A LITTLE HEAT?

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



We're getting a reprieve not only from the past week's sodden, record-threatening heat, but also the low-level alarmism that rolled in with it. With all the warnings in circulation, you'd think we'd never seen hot weather in July before.

Perspective should never be lost. Unlike other areas of the country, we haven't spent part of our summer either flooded or on fire. Evacuees from Kingfisher Lake First Nation, some of whom are staying in the residences at Algonquin College while they wait out forest fires, will no doubt be happy to get back home. But for now, it's not hard to pick the better spot to be.

Still, we made much of our small problems last week. A friend was surprised that his kids' soccer league had cancelled games not just for the hottest days, but for the entire week. It may have been an overreaction, but caution was much on our minds (though not on that of the sweat-drenched speed-walker who buzzed by me in Thursday's worst heat, looking to me even nuttier than usual).

The warnings from local health authorities were of course prudent. Heat can kill, and our willingness to take the weather seriously played a role in keeping our casualty rate at zero.

The city advised people to seek out air conditioning, for example by hiding out from the day's worst heat at the library. Fortunately, the heat had abated by yesterday, as the library's current budget doesn't allow for Sunday hours at any of its branches in summer.

For the most part, though, we faced little that some shade and a cold beverage of your choice couldn't remedy.

It's possible we were still in a state of heightened weather-wariness from last Sunday's storm, which knocked out power in parts of the city and spectacularly blew down the MBNA stage at Bluesfest.

The following morning, with the week's humidex horrors already underway, the festival's executive director, Mark Monahan, faced the media (in T-shirt and sandals) to explain why he hadn't pulled the plug earlier as the storm approached.

"We don't automatically call a show because we have weather we see coming in," he said. "If we did that, we wouldn't be able to run a festival."

It's an outdoor festival, after all, and that's where the weather is. Similarly, it's summer, and some stinking hot days are to be expected. They'll be gone, and missed, soon enough.



Register at
metropolitanpanel.ca
and take the quick poll

Gadgets on vacation — good or bad?

55%

GOOD — I
CAN'T
RELAX WITH
UNREAD
EMAILS



45%

BAD — I
MUST
DISCONNECT
TO UNWIND

Local tweets



► **@clarkie0620:**
Just finished

some diagonals..a lil work-out I learnt in Kenya #felt-good

► **@pmharper:** Please donate to the #EastAfricaDrought Relief Fund. Canada's matching each dollar donated by Canadians.<http://goo.gl/hMcdm>

► **@daynachicoine:** Had a great time today on Marathon of Health Day in Ottawa!! Thank you every-

one for your support and kind words! @marathon-health

► **@davidjvonn:** Thanks #so-capott organizers for putting on a great learning event! perfect networking for a PR specialist new to Ottawa & looking for work

► **@janellemarie15:** @kannie87 Especially when he's bouncing up and down like that. Likely to give a woman ideas..... =)

► **@mannymorakinyo:** Feel the need to be different

Worth Mentioning

ROYALS. A 10-year-old Volkswagen Golf that was once owned by Kate Middleton attracted close to \$75,000 as bidding closed on eBay yesterday.

Book value on a 10-year-old Golf is about \$5,700.

The difference with this used car is that it comes with a document that says it was once owned by Prince William's new bride.

She bought the car in 2001 while she was a student at the University of St. Andrews in Scotland. It was there that she met and began dating Prince Andrew. After putting on about 100,000

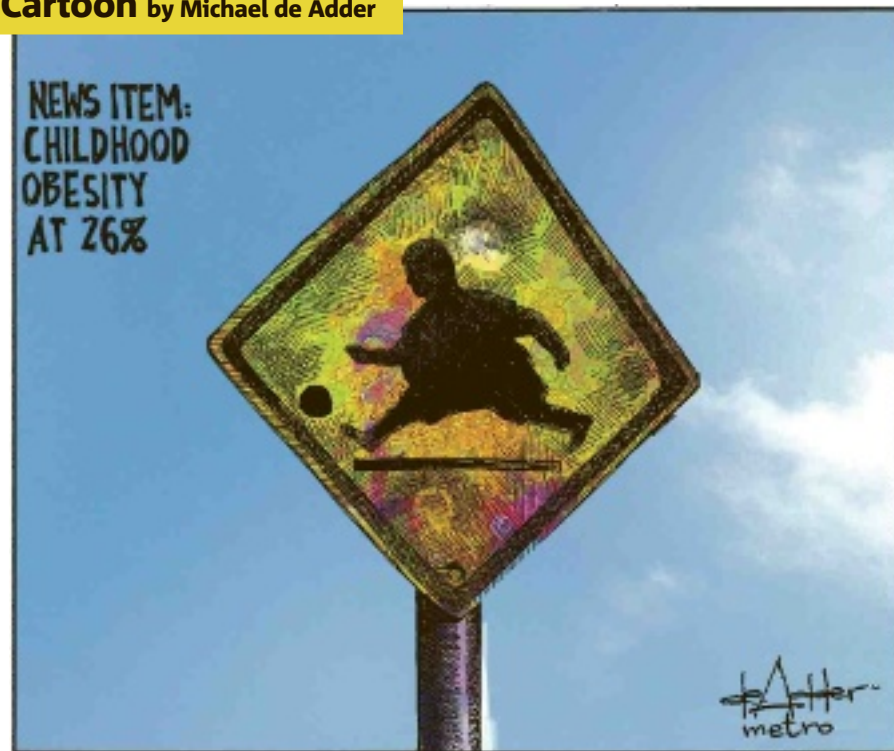
kilometres, Kate passed the car onto her brother James in 2007. A few years later, the Middletons made a deal with a local car dealership in Berkshire, and the car ended up with the dealer owner's son, Sonny Brazil.

"When I saw who had had the car, it was quite a surprise, and I thought it might be a nice piece of history," said the 21-year-old Brazil.

With his eyes set on a down payment toward a house, Brazil decided to put the car up for auction.

TORSTAR NEWS SERVICE

Cartoon by Michael de Adder



WEIRD NEWS

Study finds link between penis size, economy

To his surprise, a Finnish doctoral student has discovered size really does matter when you compare penis length and world economic growth.

But despite rigorous analysis and careful mathematical charting of data, Tatu Westling isn't quite ready to, as he puts it, "imply that I believe in causality at this point."

The Helsinki University economic doctoral student's study says penis

size, more than democracy, has a "robust" effect on gross domestic product.

"One striking result is the collapse of the GDP after male organ exceeds the length of 16 centimetres," Westling concludes. "Male organ alone can explain 20 per cent of the between-country variation in GDP growth rates between 1960 and 1985."

Westling's study employs a recognized 121-country dataset also used by leading economists, including chairman of the U.S. Federal Reserve Ben Bernanke, to study economic growth.

He applies all the usual controls of a serious academic study.

TORSTAR NEWS SERVICE



▶ Amy Winehouse, 27, died in her London apartment on Saturday ▶ The news, like the sudden death of anyone, was both shocking and not so shocking ▶ She joins the Forever 27 Club, a collective of deceased musicians that includes Hendrix, Joplin, Morrison and Cobain

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

Before he died, Kurt Cobain's mother used to plead with her famous son "not to join that stupid club." The club in question is the morose collective of famous musicians who died at the age of 27.

As with its tragic newest member Amy Winehouse, who died on Saturday, the departure of these singers often leaves behind a complicated legacy.

JIMI HENDRIX (1942-1970)
This left-handed guitarist is credited with revolutionizing the way the electric guitar is played, and within his brief recording career he showed so much innovation that we are only left to speculate how different music would be today had he lived longer.

JANIS JOPLIN (1943-1970)
Joplin was known for her partying as much as her goose-bump-inducing bluesy howl. She came to prominence as singer of Big Brother and the Holding Company.

JIM MORRISON 1943-1971
The Doors singer trafficked heavily in prophecies of his own death, from his lyrical imagery of breaking on through to the other side to ghosts crowding his mind to his chants of "no one gets out of here alive!" on the Doors song, Five to One.

KURT COBAIN (1967-1994)
The Nirvana singer's brash approach to music reinvigorated rock 'n' roll in the '90s and like many of the artists in the Forever 27 Club, his image and iconography can still be seen on dorm room posters and T-shirts everywhere.



▶ Amy Winehouse, the beehived British soul-jazz diva, possessed self-destructive habits that overshadowed a distinctive musical talent.

Troubled talent

Lately, Winehouse had been more famous for her druggy exploits than her performances.

Anyone who saw the YouTube footage of a June concert in Belgrade knew she was ill — she cancelled her European tour immediately after. Before Saturday, that clip was a funny train

wreck. Now it looks to be a cry for help.

Winehouse had only released two discs of music, her last and most famous, *Back to Black*, in 2006. But although her quantity was minimal, the quality was so outstanding, and revealing, that it may have been all she could give.

She lived her life like the lyrics she wrote: her misery, heartache and self-destructive urges all spoke to a pain that connected to listeners around the world.

She told us she was trouble. But we never believed her when she said she was no good.

● METRO

Celebrity tweets



she was my musical soulmate & like a sister to me. this is one of the saddest days of my life



Mark Ronson



Kelly Osbourne

i cant even breath right my now im crying so hard i just lost 1 of my best friends. i love you forever Amy & will never forget the real you!

Reader tweets



Metro readers give thier reaction:

▶ @thecheckoutgirl "When other peoples problems serve only to make you feel superior, you're missing the point of being human."

▶ @jimeustice "Her career was short, but (for better or worse) there is no Adele or singers of her ilk without #AmyWinehouse."



Box office



In a battle of summer movie heroes, Captain America topped Harry Potter this weekend at the box office. Studio estimates yesterday show Paramount's Captain America: The First Avenger opened at No. 1 with \$65.8 million. The Marvel Comics superhero movie sets up next summer's all-star blockbuster The Avengers.

THE ASSOCIATED PRESS

BLU-RAY + DVD + DIGITAL COPY / LA COPIE DIGITALE

JARVIS STATHAM
SABINE BILLEN

BLITZ

YOU COULD **WIN** a copy of **BLITZ** on Blu-ray!

Available on blu-ray, dvd and digital download August 23rd!

To register and for full contest details visit clubmetro.com

VISIT **club metro .com** TO ENTER

Timeline

Her highs and lows

Sept. 14, 1983

▶ Winehouse is born in Southgate, London.

2002

▶ She signs with Simon Fuller, music producer and American Idol creator.

2003

▶ Her major label debut, *Frank*, is a critical darling, and a hit in the U.K., though it never fully crossed over in America.

2006

▶ *Back to Black*, her old-school R&B collaboration with music producer Mark Ronson, features her hits

You Know I'm No Good and Rehab. It makes her an international megastar.

2008

▶ She wins the most Grammys ever by a female British act.

2008 and on

▶ It's all a blur. Despite cutting some tracks and scat-

tered live appearances, Winehouse is more frequently seen stumbling out of nightclubs or off stage.

July 23, 2011

▶ Winehouse is pronounced dead by British police. The cause of death is currently unknown but an overdose is suspected.



FRAZER HARRISON/GETTY IMAGES

Cowboys & Aliens an '8-year-old's fantasy'

► Comic-Con fans get first glimpse of sci-fi Western flick

The star-studded Cowboys & Aliens cast walked the red carpet in San Diego on Saturday, giving Comic-Con its first Hollywood-style movie premiere.

Fans lined up in front of the San Diego Civic Theatre to see the sci-fi Western's starring actors, who include Harrison Ford, Daniel Craig, Olivia Wilde, Sam Rockwell and Keith Carradine.

The film's director, Jon Favreau, and producers Steven Spielberg, Ron Howard and Brian Grazer also were at the premiere. Rockwell called the mash-up of film genres "a total 8-year-old's fantasy."

Hundreds of Comic-Con attendees followed clues texted to their cellphones to win tickets to the event. "This kind of overshad-

ows Comic-Con," said 22-year-old Khalil Tiner of Las Vegas, a six-year veteran of the fan festival. "This is something new, and it's exciting."

Wendy Lee of Los Angeles and Chris Saguigag of San Francisco, said they enjoyed dashing around town trying to win tickets.

"We got a lot of cardio running after the bricks" that contained a chance to attend the premiere, Lee said. "It's something we worked for really hard."

The couple was in line hours ahead of the scheduled showing, but they didn't mind missing the happenings inside the San Diego Convention Center. "We already saw everything we wanted to see," Lee said.

Favreau said he unveiled

Red carpet shift

The film's director, Jon Favreau showed early footage from Cowboys & Aliens during a Comic-Con panel last year.

► Favreau invited Comic-Con fans to be a part of the premiere to "see what that part of the equation is like."

► "They generally don't get to experience that part of it," he said. "That's more of a Hollywood thing."

his movie at Comic-Con to thank conventioners for their support of the films he introduced there in the past, including his two Iron Man movies. The film opens in theatres on Friday.

THE ASSOCIATED PRESS



DENIS POROV/THE ASSOCIATED PRESS

► The cast of Snow White and The Huntsman from left, Sam Claflin, Chris Hemsworth, Kristen Stewart and Charlize Theron pose for a photo at the Comic-Con International 2011 convention on Saturday in San Diego, California.

Twilight's Stewart suits up for battle in Snow White remake

Kristen Stewart dons armour and wields a huge sword and shield for her next movie. Rest assured, it will not be your mother and father's Snow White.

Stewart joined other cast and crew Saturday at the Comic-Con fan convention for a preview of next year's Snow White and the Huntsman, an action-packed twist on the fairy tale.

The Twilight star told a Comic-Con crowd that doing a sweet, traditional Snow White was not something "I was jumping at."

What attracted her was that this Snow White was a bold leader with her feet firmly on the ground.

"Also, I get to have a sword and stuff," Stewart

said. "Really cool weapons."

The movie is due out next June and is one of two Snow White movies Hollywood has coming.

The other, due out next March, features Julia Roberts as the evil queen.

The cast of Stewart's Snow White includes Charlize Theron as the wicked queen, Chris Hemsworth as a rugged huntsman and Sam Claflin as a prince.

The movie starts shooting in a few weeks.

Director Rupert Sanders showed off photos of the stars in costume, among them Stewart in her fighting outfit and Theron in a sleek black gown with savagely high and sharp collars.

"Also, I get to have a sword and stuff," Stewart

"I'm pretty much preparing to play a serial killer."

CHARLIZE THERON, ON PLAYING THE WICKED QUEEN IN SNOW WHITE AND THE HUNTSMAN

Sanders also showed a photo of the dwarves that accompany Snow White in this version, all standing in a row looking scruffier than a gang in a police lineup.

The actors playing them include Ian McShane, Bob Hoskins, Ray Winstone, Nick Frost and Toby Jones.

There are eight dwarves rather than the usual seven.

Sanders said "there are eight because there are a few great lines when one of them gets killed."

THE ASSOCIATED PRESS



Freida Pinto cosies up to new Superman in Immortals

Freida Pinto is the envy of women Comic-Con. She gets to sex up the star of the new Superman movie in her upcoming action tale Immortals. Pinto and Henry Cavill, who plays Superman in Man of Steel, wound up getting acquainted quickly when Immortals went into production. Director Tarsem Singh told a Comic-Con audience Saturday that the sex scene was the first thing shot on the first day of filming. Immortals arrives in theatres in November.

THE ASSOCIATED PRESS

Easy to understand plans and value you can trust

Canada deserves a smart mobile carrier. That's why Mobilicity is here – to bring down the cost of wireless with unlimited talk, text and data plans and affordable North American coverage, plus popular data devices and smartphones – without contracts or hidden fees. It all adds up to a better wireless experience, not an expensive one. **Now that's smart.**



mobilicity.ca

Leo and Gossip gal still going strong

► Pair spotted shopping and dodging crowd of fans together

Despite rumours earlier this weekend that Leonardo DiCaprio and Blake Lively had split up, the pair are still very much together, sources tell Us Weekly.

"They seemed very much in love," says a source who spotted them shopping for sunglasses in Santa Barbara, Calif.

But the Inception star and his Gossip Girl gal only got about 10 minutes of browsing in "before a crowd of fans noticed them and they rushed out," the source adds. ● METRO



► Leonardo DiCaprio



► Blake Lively

ALL PHOTOS GETTY IMAGES

Bitter or wise?

Biebs will fall: Vanilla Ice

'IT'S GOING TO BE ENTERTAINING TO WATCH' While Justin Bieber's career may be riding high now, the teen sensation shouldn't get to comfortable at the top — at least according to Vanilla Ice.

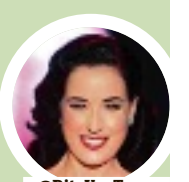
"Something else new will come along and he'll be forgotten," he tells the Huffington Post. "It's going to be entertaining to watch."

And while it might just sound like bitterness or envy, the former rap star knows of what he speaks.

"I mean, I did Ice Ice Baby when I was 16. So I can kind of relate a bit. Sold over 100 million records," Vanilla Ice says.

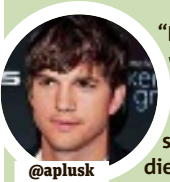
"I had a weekend that lasted about three years, and I didn't know who I was, what's my purpose in life." ● METRO

Remembering Winehouse



"She was the closet thing we have ever had to Billie Holiday, she was a true soulful talent. I'm so sad. I hope she is at peace."

@DitaVonTeese



"I nevr know wht 2 post after paying respect 2 sum1 who died. Just seems lk anything funny is inappropriate. mayB I'll just go C HarryPotter"

@aplusk



"Amy Winehouse. Sad sad sad. My heart goes out to her family and friends. What a waste."

@joan_rivers

6th ANNUAL GREAT BIA BRIDGE ST BAZAAR

Unique vendors and artisans, great food, fabulous local entertainment

TALENTED? REGISTER NOW!
Artisans, Buskers & Entertainers

Meet us Downtown On the Mississippi
Saturday July 30th
9 am - 4 pm

CARLETON PLACE BIA

downtowncarletonplace.com
613-257-8049 or
cmcormond@carletonplace.ca

YOU COULD **WIN** a trip to Toronto to see **NICKI MINAJ** in concert on August 14th at the ACC!

VISIT clubmetro.com TO ENTER

AVAILABLE NOW

To register and for full contest details visit clubmetro.com

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!

Available on the App Store

metro play

Guilt: A mother's disease

► Sometimes as a mom everything can be totally perfect ► Yet you feel this gnawing sensation that something is just not right ► It may be irrational but it feels very real



ELISABETH BRAW

METRO WORLD NEWS

Riley Harriff, 5, and his sister Maddy, 4, are happy children. They're well-adjusted, too, and do well in pre-school. But even so, their mother, Roberta, feels incessantly guilty.

"Every day I have times of feeling guilty for working too much, or having to work at all when I see so many stay-at-home moms," she says. "I feel guilty that I let them watch too much TV."

Harriff, 37, works full-time as a human resources administrator in Chicago.

"Sometimes I feel guilty because other kids are in dance classes and do sports, while we don't have the time or extra money to do those things with them right now. The guilt is constant!"

On a rational level, Harriff's guilt feelings are misplaced — but virtually every mother has them. "Mother's guilt goes back to biblical times," says Kathy Hirsh-Pasek, a professor of psychology at Temple University and the author of *Einstein Never Used Flashcards: How Children Really Learn and Why They Need To Play More and Memorize Less*.

"But today's mothers are expected to do it all, and they don't have extended family nearby. And

"I have one hour in the morning and two hours before bed with my kids. It's hard to feel like you have quality time with them."

HARRIFF, WORKING MOM

the grass is always greener on the other side: stay-at-home mothers want a job, 'working mothers' want to stay home, and mothers with part-time work feel insufficient in both roles."

But working mothers feel guilty more often. "I have one hour in the morning and two hours before bed with my kids, and most of that time is spent getting dressed, eating, and getting ready for bed," says Harriff. "It's hard to feel like you have quality time with them."

Though most scientific studies show no difference between children of stay-at-home-mothers and children of working mothers, some reports reverberate in the mother-guilt community. One, earlier this year, showed that children of working mothers gain two pounds more per year than other children.

Another study this year showed that when a mother works outside the home, her child's risk of having overnight hospitalizations, asthma episodes, injuries and poisonings increases by 200 per cent.



► Roberta Harriff with Maddy and Riley.

There's no formula to fix mother's guilt, says Hirsh-Pasek. "The best mothers make peace with themselves. If you don't have dinner ready on time, don't say, 'I failed again!' See it as an opportunity to teach your child that humans are not perfect and don't have to be."

Julia's trick

► "Nope." That was Julia Roberts' answer when asked if she experienced mom guilt. She decided to be more selective about work, which is probably not possible for you.

But you could do this: "I try to have a steadfast rule that I run a kitchen, not a diner. So, I just make one meal...and I have to cook what I think we're all going to enjoy," she told Access Hollywood.

3

life

New trend in diapers

Huggies' Little Movers Slip-On Diapers resemble blue jeans. They slip on like underpants but can be taken off using stickie tabs, like a regular diaper. Now your littler squirmer can be clean and fashionable. They debut this August. ● MWN

HUGGIES

Price TBA
Huggies.com

Milestones help gauge whether a child is developing normally, but there's variation.



WHO IS THIS CAPITAL HOEDOWN STAR?

HINT: HE THINKS HIS TRACTOR'S SEXY

Like Metro Ottawa on Facebook and post your answer on our wall for a chance to see him live at Capital Hoedown August 11, 2011 at Lebreton Flats.

All Metro fans with the correct answer posted will be entered into a random draw for 2 tickets.

capitalhoedown.net

facebook.com/metroottawa



metro

What happens in Vegas?

► Pop star mothers say stints in Sin City bring stability to families

When most people think of Las Vegas, they see a haven for bleary-eyed gamblers, rampaging bachelor parties and all-night adventures. But for pop stars raising families, Sin City is about something else entirely: stability.

Celine Dion is ensconced in a residency in Vegas while her compatriot Shania Twain is preparing to join her on the Strip. And many female stars say that setting up shop in Vegas is a perfect way to perform for your fans while maintaining a secure family life for your kids.

"It's a wonderful gig for a stay-at-home mom," Vegas resident Marie Osmond said in a recent interview in Toronto.

"I mean, you can't beat it. I think that's probably a lot of the allure to women who have families.

"You know, you have a consistent job, you go to work at night, your children have a wonderful life. They can go to school and have their sports. They're not on the road with you."

And the majestic Vegas hotels and casinos that keep luring talent westward ensure that the transition is comfortable.

Twain, who is raising her nine-year-old son Eja with new husband Frederic Thiebaud, will begin a two-year Vegas jaunt on Dec. 1, 2012, with 60 shows per year to be performed at Caesars Palace.

Dion previously completed a five-year stint in 2007 and began a fresh three-year residency in March. She and husband Rene Angelil have a burgeoning brood to care for

— three sons, including twins who are still months shy of their first birthday.

So it makes sense, then, that the promise of a family friendly lifestyle was a big part of the pitch when Caesars first approached the performers.

When wooing Dion, the luxurious hotel provided a house for her family, said Caesars Entertainment's citywide entertainment director Carlos Reynoso. Reynoso said that other standard-issue perks for their headlining talent in-

clude car service, butlers (or any other staff needed) and accommodation for nannies.

"We do everything," Reynoso said in a telephone interview. "We make it as comfortable for them as possible."



► Shania Twain is headed to Las Vegas for a two-year stint that begins in December of next year.

And that is, of course, a stark contrast to the realities of the road.

Even for artists of Twain or Dion's stature, touring can be a drag.

There are the sleepless nights traipsing around airports, the daily challenges of performing in an unfamiliar environment and the endless rotation of foreign hotel beds — furnished though they may be with Egyptian cotton and three-figure thread counts.

THE CANADIAN PRESS

FREEDOM

Confidential and professional budget counselling, debt repayment plans, and financial education. Our goal is your financial independence!

InChargeCanada
Debt Solutions. For Life.

FOR SERVICE IN ENGLISH | InChargeCanada.ca | 613-216-6115
POUR LE SERVICE EN FRANÇAIS | SOSdettes.ca | 1-866-615-1226

Osmonds



► Maria Osmond has raised eight children and does regularly travel with her kids — when she has to travel, that is.

► She has put down roots in Vegas. She recently played a series of shows in Toronto and immediately headed back to her Nevada home, where she's lived for two years now, and where her sons play lacrosse (she insists the sport is "huge" there).

► "It's kind of hard for the kids to really get involved and have their friends and things like that when you're always doing those types of things," explained Osmond, who has a regular gig performing with brother Donny at the Flamingo.

► "It's a nice life for them."



► Like other stars, Celine Dion received plenty of perks to head to Vegas.

"At the end of the day, Las Vegas is a destination market. It's a win-win situation. Not only do you get to see one of your favourite iconic stars, you also get to play in Las Vegas."

CARLOS REYNOSO, CAESARS ENTERTAINMENT'S CITYWIDE ENTERTAINMENT DIRECTOR

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦\$1,000/\$2,300 is a manufacturer to dealer delivery credit (tax exclusive) for 2011 Chevrolet Malibu/2011 Chevrolet Traverse and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. *Offer applies to the purchase of 2011 Chevrolet Cruze LS R7A/Malibu LS R7C/Equinox LS FWD R7A. O.A.C. by Ally. Rates from other lenders will vary. Example: \$10,000 at 5.39%/0% APR, monthly payment is \$162.86/\$166.67/\$208.33 for 72/60/48 months. Cost of borrowing is \$1,725.92/\$0.00. Total obligation is \$11,725.92/\$10,000/\$10,000. Down payment and variable rate shown based on current TD Bank prime rate and is subject to fluctuation; actual payment amounts will vary with rate fluctuations. Example: \$10,000 at 3% for 84 months, the monthly payment is \$132.13. Cost of borrowing is \$1,098.92. Total obligation is \$11,098.92. Down payment and/or trade may be required. Monthly/BI-weekly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Monthly/BI-weekly payments based on a purchase price of \$25,471/\$31,860 with \$0 down payment. ♦**FV/FV/FV/PDI (\$1,450/\$1,450/\$1,450), registration, air and tire fees and OMMC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2011 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. 2011 Chevrolet Cruze equipped with standard 1.8L ECOTEC I-4 engine and 6-speed manual transmission. 2011 Chevrolet Malibu equipped with standard 2.4L ECOTEC I-4 engine and 6-speed automatic transmission. 2011 Chevrolet Traverse FWD. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ©For more information go to ils.org/ratings. NHTSA's New Car Assessment Program (www.SaferCar.gov). †Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. ‡2011 Chevrolet Malibu LTZ, MSRP with freight, PDI & levies \$34,589. 2011 Chevrolet Equinox LTZ FWD, MSRP with freight, PDI & levies \$35,244. Dealers are free to set individual prices. ♦♦Offer available to retail customers in Canada between June 6, 2011 and August 31, 2011. Applies to new 2011 and 2012 GM vehicles, excluding Chevrolet Volt, Sonic, Orlando, Express and GMC Savana at participating dealers in Canada. Employee price excludes freight, license, insurance, registration, fees associated with filing at movable property registry/PPSA fees, duties, marketing fees and taxes. Dealer may sell for less. Dealer order or trade may be required. Limited quantities of 2011 models available. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

EMPLOYEE PRICING EVENT

PAY WHAT GM EMPLOYEES PAY**

CRUZE LS
MSRP \$16,526

EMPLOYEE PRICE

\$15,417*

OFFERS INCLUDE FREIGHT, PDI & LEVIES.

OR FINANCE

\$116 AT 5.39%

BI-WEEKLY FOR 72 MONTHS:† \$0 DOWN PAYMENT. TAXES NOT INCLUDED.



2011 CANADIAN
CAR OF THE YEAR.

54 MPG
HIGHWAY
5.4 L/100 km HWY
7.8 L/100 km CITY‡

GREAT LEASE RATES ALSO AVAILABLE



LTZ**

MALIBU LS
MSRP \$25,649

EMPLOYEE PRICE

\$22,874*

OFFERS INCLUDE FREIGHT, PDI & LEVIES.

OR FINANCE

\$176 AT 0%

BI-WEEKLY FOR 60 MONTHS:† \$0 DOWN PAYMENT. TAXES NOT INCLUDED.



48 MPG
HIGHWAY
5.9 L/100 km HWY
9.4 L/100 km CITY*



TRVERSE LS
MSRP \$37,529

EMPLOYEE PRICE

\$31,860*

OFFERS INCLUDE FREIGHT, PDI, LEVIES & \$2,300 CASH CREDIT.*

OR VARIABLE RATE FINANCING

\$194 AT 3%

BI-WEEKLY FOR 84 MONTHS:† \$0 DOWN PAYMENT. TAXES NOT INCLUDED.



NHTSA
www.nhtsa.gov*

34 MPG
HIGHWAY
8.4 L/100 km HWY
12.7 L/100 km CITY*



LTZ**

EQUINOX LS
MSRP \$27,654

EMPLOYEE PRICE

\$25,471*

OFFERS INCLUDE FREIGHT, PDI & LEVIES.

OR VARIABLE RATE FINANCING

\$155 AT 3%

BI-WEEKLY FOR 84 MONTHS:† \$0 DOWN PAYMENT. TAXES NOT INCLUDED.



46 MPG
HIGHWAY
6.1 L/100 km HWY
9.2 L/100 km CITY*



THE BEST COVERAGE IN CANADA
5 YEARS
160,000 KM*

- POWERTRAIN COMPONENT LIMITED WARRANTY
- ROADSIDE ASSISTANCE
- COURTESY TRANSPORTATION

Canada



Redeem your GM Card earnings today.†

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.

Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***

visit: ontariochevroletdealers.com



Bold Mexican flavours

► **Carne Asada is practically a staple from the country** ► **This rendition is simple with a sauce and fresh corn salsa to accessorize the presentation**

Preparation:

1 In bowl, combine HP Sauce, garlic, coriander, cumin, oregano, chili, salt, pepper and 15 ml (1 tbsp) water; pour half into resealable freezer bag, reserving remainder as basting sauce. Pierce beef all over with fork; place in bag and refrigerate up to 48 hrs.

2 Place roast on greased grill over medium heat at 200 C (400 F); close lid and cook, turning occasionally and basting with reserved sauce, for 20 minutes or until instant-read thermometer reads 60 C (140 F) when inserted in centre.

3 While meat cooks, grill corn, red pepper, onion with lid closed until ten-

Ingredients:

- 50 ml (1/4 cup) HP Sauce
- 4 cloves garlic, minced
- 5 ml (1 tsp) each ground coriander, cumin and oregano
- 2 ml (1/2 tsp) each chili powder, salt, black pepper
- 1 kg (2 lb) beef tri-tip oven roast

Fresh Corn Salsa

- 1 cob corn, husked
- 1/2 each sweet red pepper, seeded and sweet onion, sliced in thick rounds
- 1 can (540 ml/19 oz) black beans, drained and rinsed
- 75 ml (1/3 cup) cilantro
- 45 ml (3 tbsp) each olive oil and lime juice
- 1 ml (1/4 tsp) salt



► This recipe makes six servings.

der and slightly charred, 10 to 15 minutes. Cut corn kernels off cob into bowl. Dice red pepper and onion; add to corn. Stir in black beans, chopped cilantro, olive oil, lime juice and salt.

4 Remove meat to cutting board; tent with foil and let stand for about 10 minutes before carving thinly across the grain. Serve with fresh corn salsa. **THE CANADIAN PRESS/BEEFINFO.ORG**

Rose Reisman's Swap It

Salads are disguised as the healthier choice of meals but can be a landmine of calories and fat. Dressings, nuts and butter glazes add to the count.



JACK ASTOR'S ASIAN GRILLED SALMON SALAD WITH SESAME DRESSING

755 CAL/ 50 G FAT/ 11 GM SAT FAT/ 1,069 MG SODIUM

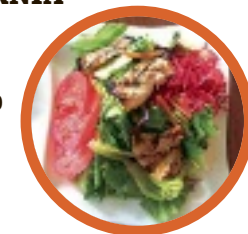


THE BUTTER-BRUSHED SALMON, SESAME DRESSING AND NUTS INCREASE THE CALORIES AND FAT. ONE SERVING OF THIS SALAD IS EQUIVALENT TO ALMOST ONE WHOLE DEEP 'N DELICIOUS MCCAIN CHOCOLATE CAKE IN FAT.

SWAP IT!

JACK ASTOR'S CALIFORNIA CHICKEN SALAD WITH BLACKBERRY BALSAMIC DRESSING

264 CAL/ 8 GM FAT/ 1 SAT FAT/ 510 MG SODIUM



THE CHICKEN IS NOT GLAZED. ALSO, THE BALSAMIC DRESSING LOWERS CALORIES AND FAT.

URGENT: Famine in Africa

World Vision



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water, preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

FAMINE EMERGENCY: Here's my gift to help starving children and families in the Horn of Africa.

Here's my donation to be matched:

☐ \$50 ☐ \$100 ☐ \$200 ☐ \$_____ to help as much as possible

Name _____

Address _____ Apt. _____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: ☐ VISA ☐ MasterCard ☐ American Express

CARD NUMBER _____

EXPIRY DATE _____

SIGNATURE _____

Please make your cheque payable to: **World Vision**

1 World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at WorldVision.ca/help

4249488/100958

Donate now by calling 1 800-268-1650 or go online at WorldVision.ca/help

Hit the right notes and not the wrong nerve

► Breaking the silence can reduce the number of music-related injuries that occur each year, experts say



► Musician Eleanor Edgar, 29, says she's worried that Carpal Tunnel Syndrome will prevent her from ever picking up the accordion again.

Eleanor Edgar is afraid she may have to give up on her long-time dream of playing the accordion.

The 29-year-old Toronto violinist suffered for a year with an undiagnosed case of carpal tunnel syndrome before the pain got bad enough for her to see a doctor.

The self-taught accordionist was playing in an indie folk band and had just upgraded to a heavier instrument when she first noticed the pain in her left wrist.

"I haven't touched the accordion, and I don't

know if I ever will," said Edgar. "I need to protect my wrist for the other things I do, like playing violin and riding my bike. Carpal tunnel isn't something that goes away. It's something that comes back if you do the activities that exacerbate the tendon."

Music is a surprisingly muscle-intensive activity, says Michael Macaulay, a 22-year-old bassoonist currently afflicted with a strained wrist.

Last week, Macaulay attended a workshop on injury prevention as part of his training with the Na-

tional Youth Orchestra of Canada.

"It's a much more physical process than people realize, to perform (on) a musical instrument," said Macaulay. "It takes a lot of really muscular work to get through a long concert program."

That's why professional musicians tend to be diligent, highly technical and spend endless hours rehearsing.

"These people are very disciplined and very talented. They're like Olympic athletes," says Toronto-based audiologist Dr. Mar-

"In many ways musicians are as macho as baseball players and football players. They may not be six-foot-eight, but they certainly have the same attitude, that I'm immortal and I can play through an injury."

DR. MARSHALL CHASIN,
AUDIOLOGIST

shall Chasin, who also took part in the workshop held at the University of Western Ontario.

But those hours of rehearsals can often translate into hearing loss or repetitive strain injuries if a musician has poor posture, uses excessive force or doesn't take good care of his or her overall health.

"In many ways musicians are as macho – and I mean that in the most negative sense – as baseball players and football players," said Chasin. "They may not be six-foot-eight, but they certainly have that same attitude, that I'm immortal and I can play through an injury."

For young musicians just beginning to carve out their careers, every show and every moment of practice can seem precious.

They suffer silently through pain, afraid to speak up out of fear of disqualifying themselves from a job or being forced to take a week-long hiatus.

But by keeping quiet, they risk exacerbating the injury to the point that they may have to put down the instrument for good.

The National Youth Orchestra is hoping to

change that culture of silence by providing its students with information on injury prevention. The organization incorporates stretches, warmups, massage techniques and information on various injury treatments into its program.

Living a healthy lifestyle – by getting a lot of cardiovascular exercise, resting and eating a healthy diet – can also help musicians avoid injury, especially as far as hearing is concerned. **THE CANADIAN PRESS**

Internationally Trained Legal Professionals

Catholic Immigration Centre and World Skills are offering a FREE employment program dedicated to helping Internationally Trained Legal Professionals find alternative careers in Ottawa.

For details contact:

Maria Teresa Garcia

Tel.: 613-232-9634 ext. 389

E-mail: maria@cic.ca



OVER 115 YEARS OF TRUST!

Be a **Willis Graduate...**
...Don't compete with one!

CO-OP
WORK
PLACEMENT

Business • Health • Technology • Clean Energy

613-233-1128 • williscollege.com

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville • London



WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY

EST. 1896

REGISTER TODAY!

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!

Available on the App Store

metro play



Become part of a growing financial services company.

Full or Part-Time*

Training Provided

CALL 613.723.1139

*Part-time opportunity not available in all areas and where available, may have certain restrictions.



CALL TODAY START TOMORROW

Green company has multiple openings

START IMMEDIATELY GREAT PAY!!

613-321-4279

20

metro

metronews.ca
MONDAY, JULY 25, 2011

Just call him the computer king

► Chances are you've played this guy's game before and his newest endeavour is just as winning

TURNING POINT

TERESA KRUIZE

LIFE@METRONEWS.CA



Ali Asaria says he's fearless when it comes to computers.

"I'm not afraid of breaking things and I take risks."

His first job was at Research in Motion and in his spare time, Asaria developed the game called Brickbreaker. It is now the most popular mobile game in the world on close to 40 million Blackberries. "Even U.S. President Obama likes playing it," Asaria says with a



► 30-year-old Ali Asaria's Blackberry game Brickbreaker is now the most popular mobile game in the world.

Business is good

Well.ca by the numbers:

- 3 years old
- 60 employees
- 250,000 + unique visitors per month
- 40,000 health and beauty products
- 250,000 diapers sold in July

laugh.

Three years ago Ali decided it was time to take another risk. He sold off everything he owned, and started his own e-commerce company based on his father's successful pharmacy business in Guelph, Ont.

"I would write software for the website during the day and pack boxes with orders at night. That was three years ago. We have

60 people working at Well.ca now."

What does the future hold for this fearless risk taker? Expansion. "From clothing to auto parts, we have big dreams and a big vision for growth."

The fastest growing e-commerce company in Canada and the most popular mobile game in the world. Not bad for an entrepreneur who just turned 30.

COLLEGE DIPLOMAS IN HEALTH CARE!



Fitness and Health Promotion

- 4 wk program 3 wk externship
- CanFitPro preparation including
- FIS PTS NWS Certifications

Medical Office Assistant

- 30 wk program including 4 wk co-op work placement
- 9 am or 1 pm class start time

Personal Support Worker

- 27 wk program including 11 wk co-op work placement
- NACC endorsed
- Full time and part time available

Pharmacy Technician

- 40 wk program with 8 wk co-op work placement
- CCAPP accredited

ALGONQUIN CAREERS ACADEMY

1644 Bank Street 613-722-7811 www.algonquinacademy.com

Career Training

LOOKING FOR A CHANGE? EVEREST COLLEGE CAN HELP

Offering career training in:
Business • Technology • Health Care

Everest
COLLEGE

Providing quality education in Ontario for nearly 40 years



Call Now for More Information!

1-877-395-4032

Apply online at www.TrainAtEverest.ca

16 Convenient Locations in Ontario

Ottawa West
(ACROSS FROM IKEA MALL)

Ottawa East
(ST. LAURENT SHOPPING CENTRE,
NEXT TO GOOD LIFE FITNESS)

Financial assistance may be available for those who qualify.
Career services assistance available for graduates.
Programs and Schedules Vary by Campus

Tour. Triumph


▶ Cadel Evans, in yellow, turns the corner at l'Arc de Triomphe yesterday during the final stage of the Tour de France.

MICHAEL STEELE/GETTY IMAGES

Aussie Evans cruises to victory on final day of Tour de France

Cadel Evans won the Tour de France yesterday, becoming the first Australian champion to win cycling's greatest race. The 34-year-old Evans crossed the finish line on the Champs-Élysées at the end of the largely ceremonial final stage. He had virtually secured the title with his ride in the time trial in Grenoble a day earlier. Andy Schleck of Luxembourg finished second overall for the third straight year, with brother Frank Schleck in third.

THE ASSOCIATED PRESS

4 sports

Quoted


"I just think you appreciate the blessings you have ... I'm not the type of player that is going to win 10 times in a year. I just think I've learned to appreciate being where I am right now."

SEAN O'HAIR, WHO BEAT KRIS BLANKS YESTERDAY TO WIN THE RBC CANADIAN OPEN AT THE SHAUGHNESSY GOLF AND COUNTRY CLUB IN VANCOUVER. BLANKS MISSED A BOGEY PUTT ON THE FIRST HOLE OF A SUDDEN-DEATH PLAYOFF TO HAND O'HAIR THE VICTORY. IT WAS O'HAIR'S FOURTH PGA TOUR VICTORY BUT HIS FIRST SINCE 2009. HE SHOT A 2-UNDER 68 TO FINISH AT 4 UNDER AT THE \$5.2-MILLION US TOURNAMENT.

Jays get Cooperstown send-off

▶ Former Toronto second baseman Alomar and GM Gillick go into Hall of Fame side by side

The Toronto Blue Jays have finally built a nest in Cooperstown.

Roberto Alomar and Pat Gillick were given plaques beside one another in the Baseball Hall of Fame after getting inducted as part of the same class yesterday. It was fitting, as each of their memorials included a reference to the World Series titles they won together in Toronto in 1992 and '93.

Alomar spoke passionately about the five seasons he spent as a member of the Blue Jays during his acceptance speech.

The sharp-fielding second baseman thanked Gillick for the 1990 trade that brought him to Toronto and indicated the honour is a chance to give back to the fans in the city.

"My time in Toronto was the best of my career," said Alomar. "It was with Toronto that we won two World Series together — you guys embraced me from Day 1. You were with me through ups and downs and I am so proud to represent you here in Cooperstown as the first Toronto Blue Jay inducted into the Baseball Hall of

Fame."

The other Hall of Famers who once played for the Blue Jays — Phil Niekro, Paul Molitor, Dave Winfield and Rickey Henderson — were on stage as part of a group of returning members. But each of their careers were defined in other cities and carry different logos on their plaques.

Alomar is the first inducted with the Jays logo.

Gillick's speech included numerous references to the Blue Jays, a team he joined prior to the expansion season of 1977 and helped

build into a powerhouse.

"We thought it would be a great new challenge, accepted it and ended up living 30 years in that beautiful Canadian city," said Gillick. "For a baseball person, it was a dream come true — imagine being able to build a team from scratch in a city where everyone was excited about finally having a major-league team."

Former Minnesota Twins pitcher Bert Blyleven was also inducted alongside Alomar and Gillick.

THE CANADIAN PRESS



"I consider the Toronto Blue Jays organization as an extension of my own family."

ROBERTO ALOMAR

Power pulls off Edmonton Indy win

Australia's Will Power held off a hard-charge from Team Penske teammate Helio Castroneves yesterday to win the Edmonton Indy.

Power started second,

overtaken pole-sitter and leader Takuma Sato a quarter of the way through the race, then held off Castroneves to win by eight-tenths of a second.

THE CANADIAN PRESS



▶ Will Power

NFLPA still poring over owners' proposal

A vote on a settlement to the lockout is what every NFL fan wants. Nobody is sure when that will happen.

The players' executive committee will meet today after lawyers worked through the weekend on

the issues holding up an agreement with the owners. Several people with knowledge of the meeting have told The Associated Press that no vote to recommend a deal is certain today.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	62	37	.626	—
New York	59	40	.596	3
Tampa Bay	53	47	.530	9½
Toronto	50	51	.495	13
Baltimore	40	58	.408	21½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	54	47	.535	—
Cleveland	51	48	.515	2
Chicago	49	51	.490	4½
Minnesota	47	54	.465	7
Kansas City	42	59	.416	12
WEST DIVISION				
	W	L	Pct	GB
Texas	58	43	.574	—
Los Angeles	55	47	.539	3½
Oakland	44	57	.436	14
Seattle	43	58	.426	15

Yesterday's results
Boston 12 Seattle 8
Chicago White Sox 4 Cleveland 2
Detroit 5 Minnesota 2
L.A. Angels 9 Baltimore 3
N.Y. Yankees 7 Oakland 5
Tampa Bay 5 Kansas City 0
Toronto at Texas
Saturday Results
Texas 5 Toronto 4
Baltimore 3 L.A. Angels 2
Boston 3 Seattle 1
Kansas City 5 Tampa Bay 4 (10 innings)
Minnesota 4 Detroit 1
Oakland 4 N.Y. Yankees 3
Chicago White Sox at Cleveland (ppd., rain)
Tonight's games
L.A. Angels (Haren 10-6) at Cleveland (Carmona 5-10), 7:05 p.m.
Seattle (Vargas 6-8) at N.Y. Yankees (F.Garcia 8-7), 7:05 p.m.
Kansas City (Davies 1-9) at Boston (Lester 10-4), 7:10 p.m.
Minnesota (Blackburn 7-6) at Texas (D.Holland 8-4), 8:05 p.m.
Detroit (Below 0-0) at Chicago White Sox (Buehrle 7-5), 8:10 p.m.
Tampa Bay (Hellickson 9-7) at Oakland (Moscoso 3-5), 10:05 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	318	75	105	31	69	.330
Molina	108	14	34	2	9	.315
Thames	139	26	42	4	19	.302
Escobar	354	54	106	9	38	.299
Lind	299	42	88	18	56	.294
Encarnacion	280	37	73	7	24	.261
Patterson	313	44	79	6	33	.252
Davis	290	40	70	1	27	.241
McCoy	77	11	18	1	5	.234
Snider	155	18	36	3	29	.232
Hill	319	31	73	4	37	.229
McDonald	139	16	31	2	16	.223
Arencibia	273	32	59	15	42	.216
PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	3	0	39.1	33	2.97
Frasor	2	1	0	42.1	37	2.98
Janssen	3	0	1	28.2	27	3.14
Romero	7	9	0	134.2	117	3.27
Villanueva	5	2	0	90.0	61	3.40
Dotel	2	1	1	29.1	30	3.68
Rauch	4	3	7	41.2	29	3.89
Morrow	7	4	0	101.2	117	4.34
Camp	1	1	1	43.1	19	4.78
Francisco	1	4	0	28.2	35	5.34
Cecil	2	4	0	48.1	35	5.59

Not including last night's game

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	64	36	.640	—
Atlanta	59	42	.584	5½
New York	50	51	.495	14½
Washington	49	52	.485	15½
Florida	49	53	.480	16
CENTRAL DIVISION				
	W	L	Pct	GB
Pittsburgh	52	47	.525	—
St. Louis	53	48	.525	—
Milwaukee	54	49	.524	—
Cincinnati	49	51	.490	3½
Chicago	42	60	.412	11½
Houston	33	68	.327	20
WEST DIVISION				
	W	L	Pct	GB
San Francisco	59	43	.578	—
Arizona	55	47	.539	4
Colorado	48	54	.471	11
Los Angeles	45	56	.446	13½
San Diego	44	58	.431	15

Yesterday's results
Arizona 7 Colorado 0
Chicago Cubs 5 Houston 4 (10 innings)
Florida 5 N.Y. Mets 4
L.A. Dodgers 3 Washington 1
Philadelphia 5 San Diego 3
Pittsburgh 4 St. Louis 3 (10 innings)
San Francisco 2 Milwaukee 1
Atlanta at Cincinnati
Saturday Results
Arizona 12 Colorado 3
Chicago Cubs 5 Houston 1
Cincinnati 11 Atlanta 2
Florida 8 N.Y. Mets 5
L.A. Dodgers 7 Washington 6
Philadelphia 8 San Diego 6
San Francisco 4 Milwaukee 2
St. Louis 9 Pittsburgh 1
Tonight's games
San Diego (Harang 8-2) at Philadelphia (Cl.Lee 9-6), 1:05 p.m.
N.Y. Mets (Dickey 4-8) at Cincinnati (Leake 8-5), 7:10 p.m.
Pittsburgh (Ja.McDonald 6-4) at Atlanta (T.Hudson 9-6), 7:10 p.m.
Houston (Happ 4-11) at St. Louis (McClellan 6-6), 8:15 p.m.
Colorado (Nicasio 4-2) at L.A. Dodgers (R.De La Rosa 3-4), 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	85	375	72	132	.352
Helton Col	89	298	44	96	.322
Braun Mil	91	332	61	106	.319
Votto Cin	99	369	61	117	.317
Morse Wash	89	303	44	95	.314
Holliday STL	75	270	49	84	.311
Pence Hou	94	382	46	118	.309
Kemp LAD	100	360	60	111	.308
McCann Atl	88	323	41	99	.307
DanMurphy NYM	96	343	40	104	.303
HITS — JosReyes, New York, 132; SCastro, Chicago, 125; Bourn, Houston, 119; Pence, Houston, 118; Votto, Cincinnati, 117; J.Upton, Arizona, 112; RWeeks, Milwaukee, 112.					
HOME RUNS — Berkman, St. Louis, 27; Kemp, Los Angeles, 24; Fielder, Milwaukee, 22; Pujols, St. Louis, 22; Bruce, Cincinnati, 21; Stanton, Florida, 21; CPena, Chicago, 20.					
PITCHING — Jurrjens, Atlanta, 12-3; Hamels, Philadelphia, 12-5; IKennedy, Arizona, 11-3; Kershaw, Los Angeles, 11-4; Halladay, Philadelphia, 11-4; Hanson, Atlanta, 11-5; Gallardo, Milwaukee, 11-6; Correia, Pittsburgh, 11-8.					

Yesterday's games not included

SATURDAY

RANGERS 5, BLUE JAYS 4

Toronto	ab	r	h	bi	Texas	ab	r	h	bi
YEscor ss	4	1	2	0	Kinsler 2b	4	1	1	0
ETHms rf	4	2	2	1	Andrus ss	4	0	0	1
CPttrs rf	0	0	0	0	JHmltn cf	4	1	3	1
Bautist dh	3	0	1	1	MiYong dh	5	0	2	1
Lind 1b	4	0	1	1	N.Cruz rf	4	0	1	1
Encnc 3b	4	0	0	0	DvMrf lf	4	1	2	0
A.Hill 2b	4	0	1	0	Torreal c	4	0	0	0
Snider lf	4	0	0	0	C.Davis 3b	3	0	1	1
RDavis cf	3	0	1	0	Napoli ph	0	1	0	0
Arenci c	3	1	1	1	Morind 1b	3	0	2	0
Gentry pr	0	1	0	0					
Totals	33	4	9	4	Totals	35	5	12	5
Toronto	100	003	000	4					
Texas	001	110	002	5					

Two outs when winning run scored.
E—Rzepczynski (1), Andrus (18). DP—Toronto 1, Texas 2. LOB—Toronto 3, Texas 9. 2B—Y.Escobar (17), E.Thames (12), Lind (10), Kinsler (24), N.Cruz (17). 3B—E.Thames (3), J.Hamilton (3). HR—Arencibia (15). SB—J.Hamilton (6), Dav.Murphy (6). CS—Y.Escobar (2), R.Davis (10). S—Kinsler, Andrus, Moreland.

	IP	H	R	ER	BB	SO
Toronto						
C.Villanueva	5-2-3	10	3	3	0	1
Dotel H,4	1-3	0	0	0	0	1
Frasor H,10	2	1	0	0	0	2
Rzepczynski L,2-3	0	0	2	1	1	0
Rauch BS,4-11	2-3	1	0	0	1	0
Texas						
M.Harrison	6-2-3	8	4	4	0	8
Tateyama	11-3	0	0	0	0	2
M.Lowe	2-3	1	0	0	0	1
D.Oliver W,3-5	1-3	0	0	0	0	0
Rzepczynski pitched to 2 batters in the 9th.						
Umpires—Home, Tony Randazzo; First, Brian Gorman; Second, Dan Bellino; Third, Chris Conroy.						
T—3:08. A—38,537 (49,170).						

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	97	397	68	136	.343
Bautista Tor	90	318	75	105	.330
MiYoung Tex	99	394	48	130	.329
Kotchman TB	84	280	25	92	.329
JhPeralta Det	90	324	44	105	.324
Ellsbury Bos	97	398	73	127	.319
MiCabrera Det	100	346	67	109	.315
VMartinez Det	85	313	43	98	.313
Konerko ChiW	96	352	44	109	.310
AGordon KC	95	387	54	117	.302
RUNS — Granderson, New York, 87; Bautista, Toronto, 75; Ellsbury, Boston, 73; Kinsler, Texas, 70; Ad-Gonzalez, Boston, 68; MiCabrera, Detroit, 67; Pedroia, Boston, 65.					
RBIs — AdGonzalez, Boston, 80; Beltre, Texas, 76; Granderson, New York, 72; Teixeira, New York, 72; Youkilis, Boston, 70; Bautista, Toronto, 69; Konerko, Chicago, 69.					
HITS — AdGonzalez, Boston, 136; MiYoung, Texas, 130; Ellsbury, Boston, 127; MiCabrera, Kansas City, 123; AGordon, Kansas City, 117; Markakis, Baltimore, 115; ACabrera, Cleveland, 114; Pedroia, Boston, 114.					
HOME RUNS — Bautista, Toronto, 31; Granderson, New York, 26; Teixeira, New York, 26; NCruz, Texas, 22; Konerko, Chicago, 22; MarReynolds, Baltimore, 21; Beltre, Texas, 20; MiCabrera, Detroit, 20; Quentin, Chicago, 20.					
STOLEN BASES — Gardner, New York, 31; Andrus, Texas, 29; RDavis, Toronto, 29; Ellsbury, Boston, 28; Crisp, Oakland, 27; ISuzuki, Seattle, 26; BUpton, Tampa Bay, 23.					
PITCHING — Sabathia, New York, 14-5; Weaver, Los Angeles, 13-4; Verlander, Detroit, 13-5; Tomlin, Cleveland, 11-4; Scherzer, Detroit, 11-5; Ogando, Texas, 10-3; CWilson, Texas, 10-4; Lester, Boston, 10-4; Haren, Los Angeles, 10-6; Clewis, Texas, 10-7.					

Yesterday's games not included

GOLF

PGA-CANADIAN OPEN

At Vancouver

Par: 70 (35-35)

(a-amateur)

Final Round

(x—won on first playoff hole):

69-73-66-68—276	69-73-66-68—276
67-71-69-69—276	72-68-67-70—277
72-68-67-70—277	70-68-70-70—278
72-66-68-72—278	72-66-68-72—278
68-75-68-68—279	70-66-69-71—276
70-70-70-69—279	73-67-69-68—277
68-72-65-74—279	71-69-69-68—277
71-67-73-69—280	69-69-67-72—277
73-66-72-69—280	67-69-71-71—278
72-71-68-69—280	71-68-68-71—278
70-71-67-72—280	70-71-73-67—281
74-67-73-67—281	73-66-72-70—281
69-72-68-72—281	69-68-76-69—282
69-68-76-69—282	70-73-70—283
68-74-74-66—282	69-69-74-71—283
74-65-72-71—282	70-70-73-73—283
77-65-70-70—282	69-67-74-73—283
72-70-72-69—283	69-70-75-70—284
73-70-71-69—283	73-69-67-75—284
71-71-71-70—283	68-74-72-71—285
70-73-70—283	68-73-74-70—285
69-69-74-71—283	72-70-70-73—285
73-71-70-72—286	70-72-73-71—286
70-68-74-74—286	70-66-74-76—286
74-70-72-70—286	71-67-72-76—286
71-67-72-76—286	71-71-73-72—287
72-68-73-74—287	68-74-71-74—287
73-70-72-72—287	69-70-73-75—287
73-71-71-72—287	72-69-75-71—287
70-72-69-76—287	72-71-74-70—287
72-70-78-67—287	74-69-71-74—288
72-67-75-74—288	70-73-72-73—288
69-72-75-72—288	68-74-71-74—287
73-70-73-72—288	68-71-69-80—288
68-69-75-77—289	71-70-76-72—289
71-72-75-71—289	68-74-72-76—290
68-72-75-75—290	75-67-74-74—290
74-69-73-74—290	73-71-73-73—290
71-69-69-81—290	70-74-75-72—291
76-68-72-76—292	72-68-76-77—293
68-75-73-78—294	74-69-79-72—294
73-70-75-77—295	71-70-80-74—295
75-69-76-77—297	75-69-76-77—297
77-67-79-76—299	73-71-79-76—299
73-71-79-76—299	70-74-78-78—300

a—Amateur.

LPGA

EVIAN MASTERS

At Evian-les-Bains, France

Par 72 - Final Round

Ai Miyazato, \$487,500	68-68-67-70—273
Stacy Lewis, \$302,406	69-67-69-70—275
I.K. Kim, \$175,223	74-68-64-70—276
Miki Saiki, \$175,223	68-67-70-71—276
Angela Stanford, \$175,223	70-66-69-71—276
Suzann Pettersen, \$95,752	73-67-69-68—277
Morgan Pressel, \$95,752	71-69-69-68—277
Ran Hong, \$95,752	69-69-67-72—277
Shin-Ae Ahn, \$67,606	67-69-71-71—278
Mika Miyazato, \$67,606	71-68-68-71—278

NATIONWIDE

CHILDREN'S HOSPITAL INVITATIONAL

At Columbus, Ohio

Par 71 (a-amateur)

Final Round

(a-denotes amateur):

a-Harris English
 Kyle Reifers, \$144,000
 a-John Peterson
 Josh Broadaway, \$70,400
 Brian Smock, \$70,400
 Ted Potter, Jr., \$33,067
 Brett Wetterich, \$33,067
 Mathew Goggin, \$33,067
 Matt Hendrix, \$24,933
 a-Peter Uihlein
 Aaron Watkins, \$24,933
 James Sacke, \$24,933
 Casey Wittenberg, \$21,600

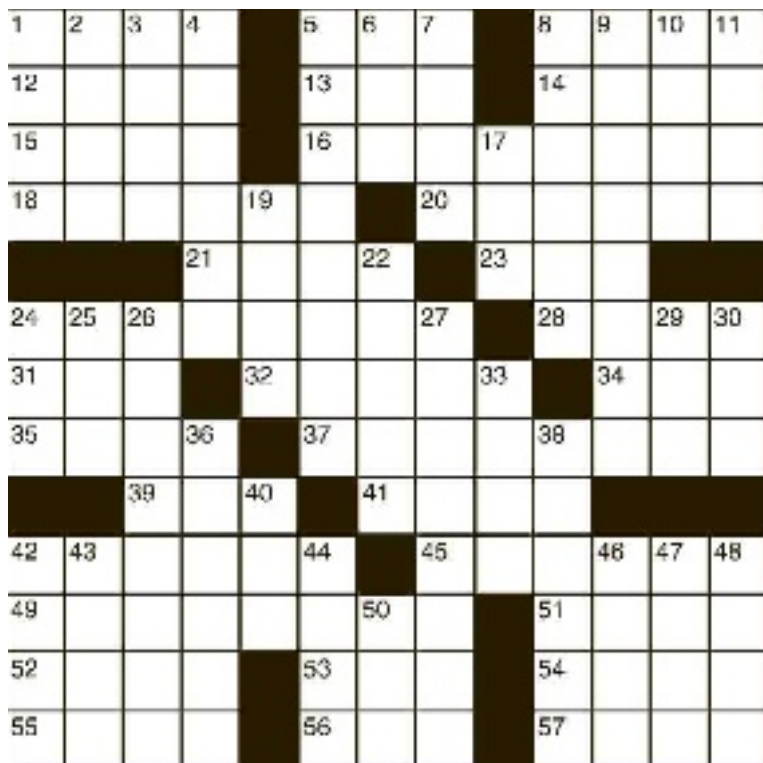
Crossword

Across

- 1 Study hard
5 And so on (Abbr.)
8 Halt
12 Volcanic outflow
13 Ultramodern (Pref.)
14 Sulk
15 In due time
16 Liar, e.g.
18 60 seconds
20 Assault
21 Bedouin
23 That woman
24 Bridge player who calls trump
28 Faction
31 Past
32 Jeopardy
34 Mangy mutt
35 Nonsense
37 Translate a cryptogram
39 Ford Explorer or Isuzu Rodeo
41 Norse thunder god
42 Slowly, in music
45 Low in hemoglobin
49 Last page, maybe
51 Ocean motion
52 Requests
53 Antiquated
54 Walked (on)
55 Atomizer output
56 Type squares
57 Harvard rival

Down

- 1 Chowder ingredient
2 Hindu princess
3 Shakespeare's river
4 Handbook

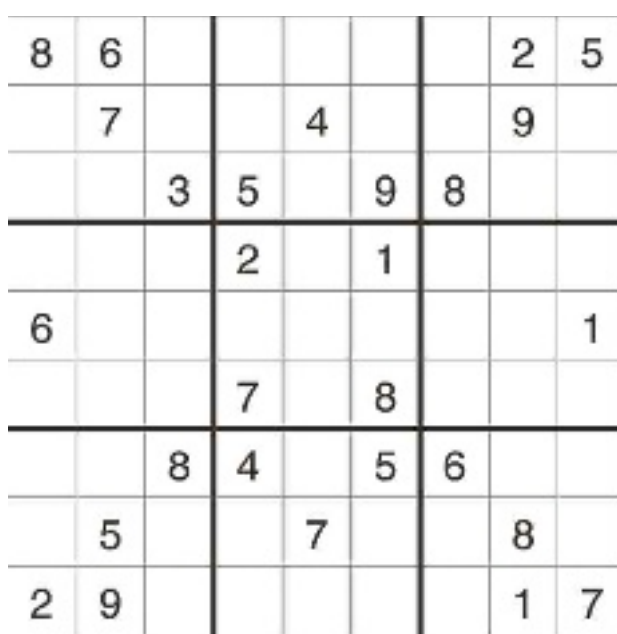


- 5 Ingratiated
6 Golf ball prop
7 Comical Imogene
8 Hits, old-style
9 Russian comrade
10 Oil cartel acronym
11 Fringe benefit, for short
17 Biblical verb suffix
19 Snare
22 Jaunty chapeau
24 Light touch
25 Id counterpart
26 Russian horsemen
27 Stones guitarist
Keith
29 Payable
30 Make a mistake
33 King of the jungle
36 Most massive
38 Attractive
40 Energy
42 Leading man?
43 Lucy's hubby
44 Reed instrument
46 Actress Sorvino
47 "American —"
48 Relinquish
50 Shade tree

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

7	4	3	9	2	5	1	8	6
1	2	8	6	7	4	9	3	5
5	8	9	3	1	8	4	2	7
9	5	6	2	4	3	8	7	1
4	1	7	8	5	6	2	9	3
8	3	2	7	9	1	5	8	4
6	9	4	5	3	2	7	1	8
3	7	5	1	8	9	6	4	2
2	8	1	4	6	7	3	5	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lovely Lady
Sun is shining, flowers are smiling but hey even the flowers can't beat your smile. Wishing you a very wonderful day, my love. ha-ha :) LOL FROM BLOVER WHO MISSES YOUR SMILE A LOT

Penguin
Wow..I have a GF really, since when? The only person I ever loved is a blond gal with big beautiful eyes and a killer smile, and whom I have not seen for last 3 weeks. And whom I met 2 years ago and lost my heart about a year ago. There is a great misunderstanding or somebody tried to create it. Anyway have a lovely night n great week-end!

FROM DJ FISH

Today's horoscope

♈ Aries March 21-April 20 Yes, you need an outlet for your stress but no, splashing out on things you can't afford isn't the way.
♉ Taurus April 21-May 21 Give others the benefit of the doubt today, even if they don't really deserve it.
♊ Gemini May 22-June 21 There is no cosmic law that says you have to conform to what other people think.
♋ Cancer June 22-July 22 The planets indicate this is a good day for using your time and your talents to assist those who are in some way less fortunate than you.

♌ Leo July 23-Aug. 23 The ends never justify the means — unless, of course, the means are undoubtedly good.
♍ Virgo Aug. 24-Sept. 22 Virgo is ruled by Mercury, planet of communication, so speak up
♎ Libra Sept. 23-Oct. 23 You may prefer to keep a romantic interest private but that may not be possible today
♏ Scorpio Oct. 24-Nov. 22 Sweep the object of your desire off his or her feet.
♐ Sagittarius Nov. 23-Dec. 21 If you need a favor from someone in a position of authority now is

For today's crossword answers and for expanded horoscopes, go to metronews.ca

the time to ask
♑ Capricorn Dec. 22-Jan. 20 If the only way to get on the right side of someone is to make out that feel the same way as they do then maybe this relationship isn't the right one for you
♒ Aquarius Jan. 21-Feb. 18 You may not be the sort who can forgive and forget easily but what choice do you have?
♓ Pisces Feb. 19-March 20. There are only one or two things in your life at the moment that are truly important.
● SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE *Unbeatable*

Mayan Riviera
7 Nights 4.5-Star All-inclusive
\$485
Grand Coco Bay + taxes & fees \$360
Departs Aug 29/sgn/wg.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex. Montreal. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. sgn=signature, wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

PUCKER UP...VIRTUALLY!

Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

metro

200 BAY ST, UNIT 1403 AVAILABLE FOR SALE
DOWNTOWN LIVING AT ITS' BEST!

Open Concept, west facing, well maintained 1 bedroom plus den with A/C, underground parking space, in-suite laundry and extra large balcony that spans length of unit. Fantastic Downtown location...be close to everything! **\$259,995**

Curious about downtown condos? Call me for the very latest free listings!

613-266-0666
WILLIAM A. GARCIA william.garcia@williams.ca
KELLER WILLIAMS OTTAWA REALTY
610 Bronson Ave., Ottawa, ON, K1S4E6

MEGA

AUTOMOBILE.com

800+ USED VEHICLES ON SITE & ONLINE!



FREE
HDTV or GPS
ON SELECT MODELS.

#1 VOLUME USED DEALER AROUND!

www.megaautomobile.com



07 Volvo S40

- Load, A/C, Lthr, Auto
- st: 32332
- km: 77729

\$14,870

\$135***
Bi-weekly



07 Beetle Convert.

- Load, A/C, Lthr, Auto
- st: 32279
- km: 74238

\$16,940

\$161***
Bi-weekly



08 Accord EX

- Load, A/C, Roof, Auto
- st: 32255
- km: 98887

\$15,870

\$145***
Bi-weekly



07 Nissan Quest

- Load, A/C, Auto
- st: 32409
- km: 95995

\$13,650

\$124***
Bi-weekly



07 Camry LE

- Load, A/C, Auto
- st: 31960
- km: 94029

\$12,960

\$118***
Bi-weekly



08 Tribute

- Load, A/C, Auto
- st: 32222
- km: 63888

\$12,750

\$116***
Bi-weekly



08 Ford Escape XLT

- Load, A/C, Auto
- st: 32348
- km: 95579

\$12,970

\$118***
Bi-weekly



GREAT VEHICLES UNDER

\$10,000

10 Mustang Convert

- Load, A/C, Auto
- st: 31839
- km: 53533

\$23,850

\$185***
Bi-weekly



07 Sienna CE

- Load, A/C, Auto
- st: 32328
- km: 92142

\$15,930

\$145***
Bi-weekly



07 Calibre SXT

- Load, A/C
- st: 31750
- km: 102450

\$7,890

\$72***
Bi-weekly



07 Montana SV6

- Load, A/C
- st: 31570
- km: 94151

\$8,970

\$85***
Bi-weekly



07 Matrix

- Std
- st: 31443
- km: 91796

\$8,850

\$81***
Bi-weekly



07 Kia Spectra LX

- Load, A/C, Auto
- st: 32399
- km: 63321

\$8,360

\$76***
Bi-weekly



08 Mini Cooper

- Convert, Load, A/C, Lthr, Auto
- st: 32001
- km: 71698

\$16,870

\$154***
Bi-weekly



10 Gr. Caravan SXT

- Stow N Go, Load, A/C
- st: 32402
- km: 32783

\$19,850

\$161***
Bi-weekly



07 Chevrolet HHR LS

- Load, A/C, Auto
- st: 32196
- km: 53821

\$9,460

\$86***
Bi-weekly



07 Saturn Aura XE

- Load, A/C, Auto
- st: 31687
- km: 81620

\$9,660

\$88***
Bi-weekly



09 PT-Cruiser

- Load, A/C, Auto
- st: 31538-B
- km: 80091

\$8,950

\$72***
Bi-weekly



08 Pontiac G5 Coupe

- A/C, Auto
- st: 31249
- km: 68951

\$8,650

\$79***
Bi-weekly



07 Saab 9-3

- Load, A/C, Roof, Lthr, Auto
- st: 32300
- km: 92935

\$12,650

\$115***
Bi-weekly



08 Benz B200

- Load, A/C, Auto
- st: 32353
- km: 66500

\$17,880

\$163***
Bi-weekly



07 Sebring

- Load, A/C
- st: 31515
- km: 86262

\$9,680

\$88***
Bi-weekly



08 Ford Focus SE

- Load, A/C, Auto
- st: 31986
- km: 91981

\$8,970

\$82***
Bi-weekly



08 Corolla CE

- Load, A/C, Auto
- st: 32104
- km: 81859

\$9,960

\$91***
Bi-weekly



07 Ford Fusion SE

- Load, A/C, Roof, Auto
- st: 32483
- km: 88779

\$9,970

\$91***
Bi-weekly



07 Passat

- Load, A/C, Lthr, Auto
- st: 32272
- km: 71030

\$14,930

\$136***
Bi-weekly



08 Mazda3

- A/C, Auto
- st: 32404
- km: 83798

\$10,850

\$99***
Bi-weekly



07 Mazda5 GS

- Load, A/C
- st: 32208
- km: 71434

\$9,960

\$91***
Bi-weekly



08 Ford Ranger XL

- Std
- st: 32350
- km: 82025

\$9,820

\$89***
Bi-weekly



07 Golf City

- Std
- st: 31531
- km: 74669

\$8,960

\$82***
Bi-weekly



07 Pontiac Vibe

- A/C, Std
- st: 32044
- km: 95204

\$8,950

\$88***
Bi-weekly



08 Patriot Sport

- Utility North Ed, Load, Auto
- st: 32110
- km: 52366

\$10,980

\$100***
Bi-weekly



10 Toyota Yaris

- Load, A/C, Auto
- st: 32076
- km: 50602

\$12,850

\$104***
Bi-weekly



07 Saturn VUE

- Load, A/C, Auto
- st: 32179
- km: 47893

\$10,650

\$97***
Bi-weekly



07 Rabbit

- Load, A/C
- st: 32274
- km: 77858

\$13,950

\$127***
Bi-weekly



10 Elantra

- Load, A/C, Auto
- st: 28306-A
- km: 14954

\$13,200

\$107***
Bi-weekly



08 Altima 2.5S

- Load, A/C, Auto
- st: 32193
- km: 73130

\$13,820

\$126***
Bi-weekly



07 Mazda CX7 GS

- Load, A/C, Roof, Auto
- st: 31015
- km: 73600

\$14,950

\$136***
Bi-weekly



ARE YOU EMPLOYED BY FEDERAL, PROVINCIAL OR MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA & RECEIVE OUR BANK COMMISSION OF UP TO

\$500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum \$20,000) and 7.9% (Minimum \$10,000) with \$0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for \$1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.